

**11 October 2011**

### **Winter warmer advice for Hackney Homes residents**

Grab your coats, scarves and gloves Hackney Homes Winter Warmer event is back in town on Wednesday 16 November.

Aimed at residents aged over 55 years old, participants will be able to come along and get expert advice on keeping warm this winter, and how to save money and energy.

Soups and refreshments will be on offer to give people energy to do gentle exercise with trained coaches.

The event starts at 11am and residents will need to register by calling 0208 356 2066.

And with winter round the corner it's a good idea to start planning ahead in case the cold snap bites. Every year the Council receives thousands of calls about issues with boilers and heaters in the winter months due to inactivity over summer.

To keep the pump clean and clear it's a good idea to turn the boiler on for 20 minutes a week and to make sure that your boiler has been checked out by a registered engineer from the Gas Safe Register.

Make sure that you don't get laid down low by the flu and take advantage of free seasonal flu jabs on offer for elderly people – contact your local GP and chemist for more information.

**- Ends -**

Press queries to Chloe Goddard on 0208 356 3877 or [chloe.goddard@hackneyhomes.org.uk](mailto:chloe.goddard@hackneyhomes.org.uk)

Notes to editors

#### **Useful contacts**

- Meals on wheels: 0208 356 4550
- Age UK: 0800 917 9830